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VOLUME 5, NO. 4 MAY 1992
OFFICER STUDENTS' SPOUSES' CLUB MAGAZINE

the classmate



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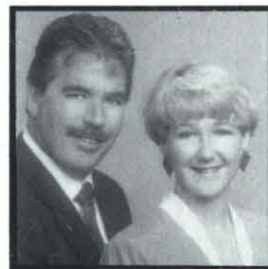
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GOOD NEWS

Classmate needs VOLUNTEERS!
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Editor's Note

by Monica Maurasse

cations that spring is on its way. Forget about the spring cleaning, relax your body and mind and enjoy what may be a fleeting glimpse of a Monterey spring.

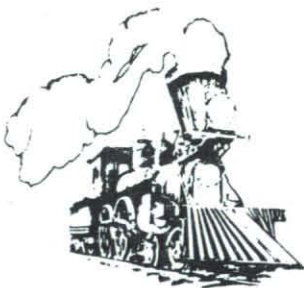
Given all this beauty that we begin to see, I think it's only appropriate that we celebrate Mother's Day during the month of May. In this month's issue, you'll find several articles about Mothers, Wives, and Grandmothers. Often these women are one in the same, and living dual roles is not an easy task. Find out how they do it.

Also this month you will find a new column we plan to feature each month called "Discipline: Yes, I Could Try That,"

written by Jann De Vilbiss who is the new Family Advocate and counselor in the Family Service Center (FSC). I think you will welcome the information that she has to share with you. There are also a few other articles from the folks down in the FSC, check them out as well.

Again, the sunshine is sending its warm rays of light to wrap me tight and pull me into the beauty of the world around me, and who am I to refuse. I hope you enjoy this issue of THE CLASSMATE, there's lots of fun and informative reading to be had. Also, be sure not to miss those invitations the spring time has to offer you as well.

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President's Message

By Mary Lewia

As the weather turns sunnier and drier, everyone looks forward to a June vacation. We are planning a trip to Yosemite, my husband is determined to get me out camping. Of course, my idea of roughing it is hiking from the hotel lobby to the pool! As you begin planning your vacation and well deserved break, there are some events coming up that you may want to take part in, before you start packing! The OSSC will be representing the USA at the International Day, slated for May 2nd. On the 15th of May we will hold our annual International Tea. This takes place at Quarters A from 3:00 to 5:00 p.m. The tea is a wonderful way to enjoy delicious treats and tea as well as meet new people.

This month we will begin offering an Adult and Infant CPR course for all members interested in becoming certified. We anticipate a large turnout so this will be offered next month as well.

June 6th will be the next Bargain Fair at La Mesa School from 10:00 a.m. to 12:00 Noon. We have a new person taking over the responsibilities of chairperson of the Fair, she is Elana Peterson. She will be relieving Katherine Muhlbach, who has planned and executed five of them. Katherine has done a great job in improving the entire event so that things run smoothly. She plans to help Elana with this coming Bargain Fair. I would like to take this opportunity to thank Katherine and her husband for their endless hours of hard work and dedication in putting together many successful Bargain Fairs.

This brings to mind other events that have taken place recently. Without some very special people, events like the Easter EGGstravaganza, Art Auction, and the Adobe Tour would not be possible. The OSSC sponsors many events for students, spouses and children. In the case of the Adobe Tour, people volunteered their time to act as docents for the Cooper-Molera house. Visitors touring the adobes were enlightened by the information the volunteers provided regarding the history of the house. Mary Hayes and Debbie O'Loughlin, co-chairpersons, took the time to arrange the orientation and scheduling for the volunteers. They chose costumes and flower arrangements as well. All this was done not only for the enjoyment of the OSSC members, but also for the entire Monterey community.

The Art Auction is one of the largest events we sponsor. It is an important fundraiser that enables the OSSC to contribute to the many charitable organizations within NPS and the entire Monterey Peninsula communities. Without the hard work and many hours that Kim McGinnis, Chairperson, provided, the event could not have been such a success. Thanks Kim and the committee.

The Easter EGGstravaganza has always been a popular event for children associated with NPS. They come out in droves to get a chance to see the Easter Bunny and pick up eggs filled with goodies. Liz Knudson, Chairperson, and her many helpers were responsible for filling thousands of plastic eggs. No, the Easter Bunny



did not do this all by himself! There were games, prizes, egg hunts, and hat contests. All the children went home with smiles on their faces! For those who helped with making this day possible, thank you from myself and all those smiling kids. An extra thank you to Kathy Parsons, our Bake Sales Chairperson, and all those dedicated, talented bakers!

These are just a few of the many events that the OSSC provides. As you can see, there's a lot that we do for the entire NPS and Monterey Peninsula communities. All of these events could not have been possible if it weren't for some very special people donating their precious time. I feel that they deserve this recognition.

If you feel that you'd like to get involved with any of our upcoming events, we'd love to have your help. Our next meeting is June 1st in the La Novia Room at 7:15 p.m. We would like to have the opportunity to meet you. If you have any questions, please feel free to call me or any member of the Executive Board. Hope to see you on the 1st of June!

OSSC MEMBERSHIP

The OSSC is the Officers Students' Spouses' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSSC also sponsors the Art Auction, Adobe Tour, International Students' Spouses Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly Pink Flyers and the OSSC Directory. To obtain membership, fill out the form below and send it with a check made out to OSSC to: Sharon Kitchener, 1206 SMC, Monterey, CA. Phone 626-8547. 1 year (4 quarters) = \$15.00; 18 months (6 quarters) = \$20.00; 1 years or more (8 quarters +) = \$25.00. This is a one time fee. The International Wives' Membership is free.

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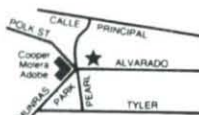
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Navy-Marine Corps Relief Society



by Jennifer Church

As spring fades and we look forward longingly to those "lazy, hazy days of summer," it always seems that winter will never return. However, summer soon drifts into fall, which slides rapidly into winter. (Hardly noticeable in Monterey, but here just the same.)

It is often the same with finances. Sometimes we are able to go out to dinner several times a week, buy a new car, take a vacation. . . and the money is always available. Occasionally, though, it is a deceptively short journey into the winter of financial pain and serious credit trouble. The solutions are varied, but they are often very difficult. Usually, prevention is the best financial medicine; and the best nostrum is a careful, updated plan for the future, using a budget to help guide and prioritize family expenditures.

It is sad to pass a "street person," or an "I will work for food" sign, and many of us wonder what could have possibly sent that particular person down the road. If we review our own comfortable financial situation, though, it is often easy to see what a lost job, or a sick child or a raise in rent could do to even our own lives and welfare.

What we at Navy-Marine Corps Relief do is to step in when circumstances have caused a family's finances to go awry. Sometimes all that is needed is some careful budgeting; often a short-term, interest-free loan will get a family on its feet again. Occasionally, the choices are more difficult. Always, though, a trained volunteer staff is available to help wherever possible.

If you think you would like to learn the skills of budgeting, listening and working together with a close-knit group of volunteers whose mission is to help families of Sailors and Marines improve their financial circumstance in trying times, then we've got a place for you. We're located in Herrmann Hall, just downstairs from the Quarterdeck. Our office is open MWF 1000 - 1300, and we can be reached at 373-7665.

Discipline: "Yes, I Can Try That"

We at the Family Advocacy Program would like to welcome you to our new column. Each month we hope to share information that will be helpful to you and your family during your stay here at NPS, and hopefully will be incorporated into your everyday life. If you have any topics you would like to see addressed, please let us know.

Effective Ways to Discipline A Child

Separation: Have children rest or play apart for a time when they keep irritating one another, fight, squabble, hit and kick. Being apart for a while lets each calm down. Then you can use other ways to encourage better behavior.

Behavior Management: Talk with children calmly to learn what happened and why and how they see it. Then talk about ways to deal with it. Come to a solution that's agreeable to both you and the child. This helps children learn to be responsible for their behavior.

Redirection: When children get into trouble, stop them, explain why you are stopping them, and suggest another activity. When they scribble on the wall, give them paper and crayons. When they race dangerously indoors, take them outside for a game of chase. When they throw books at each other, gather them for a story time or organize a beanbag toss. This works especially well with very young children.

Fix-up: When children cause trouble or hurt one another, expect them to fix it up—or at least to help. If they spill milk, give them a cloth to clean it up. If they break a toy, ask them to help you fix it. If they make a child cry, have them help with the soothing. If they throw toys around the room, ask them to put them away.

Ignore: The best way to deal with misbehavior aimed at getting your attention is to simply ignore it. But *be sure* to give attention to your children when they behave well. Children need attention for good behavior, not mis-behavior.

Be Firm: Clearly and firmly state, or even demand, that the child do what needs to be done. Do not use a wishy-washy tone of voice. Speak in a tone that lets your child know that you mean what you say and that you expect the child to do it. Being firm doesn't mean yelling, threatening, reasoning, or taking privileges. Being firm works

for any age child and for many situations.

Stay in Control: Act before the situation gets out of control before you get angry and overly frustrated and before the child's behavior becomes unreasonable.

Be Detached: In other words, "keep your cool." If your child does something you don't approve or is wrong, pretend your child is your neighbor's child and ask yourself, "What would I do?" Or, imagine

that you are your child's teacher. How would the teacher handle this situation? That is how you might handle it, too.

— From "Effective Ways to Discipline a Child," by Kenneth E. Barber, Washington State University.

For more information, contact Jann De Vilbiss in the Family Service Center located in the basement of Herrmann Hall, or call 646-3488/3060.



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"Planet of the Jellies"

by Laura Dorko

If you think "*Aurelia aurita*" sounds like a tropical disease, you need to visit the Monterey Bay Aquarium and see their new jellyfish exhibit! The *Aurelia aurita*, commonly called the moon jelly, is found in all the oceans of the world, and has even been in orbit in the space shuttle Columbia.

The moon jelly is just one of seventeen jelly species that can now be seen in the new "Planet of the Jellies" exhibit on the second floor of the Aquarium. (It has taken the place of the shark exhibit.)

At the members' night on March 8, 1992, the aquarium featured tours of the new exhibit and a slide presentation in the auditorium. Through the slide presentation we learned many interesting facts about the jellies. For instance, they range in size from a few millimeters wide, to massive

deep-sea species up to six feet in diameter with one hundred foot-long tentacles. Most of the jellies at the aquarium are quite small due to the difficulty of housing the full-grown larger species.

Many things remain a mystery to the scientists studying jellies. Although every attempt to control them where they are unwanted has failed, other areas that are heavily polluted have vanquished the seemingly invincible jelly. Though they have remarkably simple bodies, they are in many ways very strong and able. One fact that stands true despite the mystery is their undeniable beauty and elegance.

One of the most amazing things you'll discover at this new display is that the earth truly is a "Planet of the Jellies." With two-thirds of the earth covered by water, and



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much of that water filled with jellies, we should surely appreciate its presence and learn from its loveliness and diversity. Even though the displayed jellies are quite small, you will still be fascinated as you observe these translucent creatures pulse and swim.

"Planet of the Jellies" is just one example of the wonder and education available at the Monterey Bay Aquarium. A reasonably priced membership will allow unlimited access to all of the displays and features of the Aquarium for one year. Or you can visit the Aquarium on a one day basis for the following rates: \$9.75 for adults, \$7.25 for students and active duty military, and \$4.50 for children ages 3 - 12 and people with disabilities. Children under three are free. The Aquarium is open every day from 10 a.m. until 6 p.m. (except Christmas), and opens at 9:30 a.m. in the summer and holidays. For more information, call the Aquarium at 648-4888. See you there!

Nine Steps to Business Success

by Rose Anna D'Auria

(Excerpt from "How to Start Your Own Business" by Dr. Lynda C. Falkenstein.)

Step One: Identifying your wish list.

Here you identify exactly as possible who you want to do business with. Who do you see as customers or clients? What kind of people do you want to be around?

1. If you don't know who you want as clients/customers, you'll NEVER get them, especially not the RIGHT ones. A key to your success will be doing business with the RIGHT people—the ones wanting your product/service with the money to pay for it.
2. You should plan to start with serious players as customers/clients because they will serve as a vital marketing network over the long haul of your business.

Step Two: Your preliminary focus. Step two deals with what you ultimately are going to offer for sale. Many people have tremendous problems with this step, finding themselves unable to narrow from all their interests and activities. Ask yourself what kind of needs/interests do these people have. Examine the type of groups you enjoy being around.

Step Three: Getting inside your client/customer's world. This looks at what

you want to sell. Here you are making a fit between what you are selling and what the customer wants to buy. This step is vital because it helps ensure you will not create a monster for yourself—a business that you love but is an economic nightmare. If you want financial support from banks or venture capitalists, this step will be vital because you will have to show your financiers that it is in their interest to support your effort.

Step Four: Your niche synthesis. This is the most critical step in the entire ladder. Here you essentially add Steps Two and Three with an entirely new product emerging.

Step Five: Evaluate against NICHECRAFT criteria. You've just created a niche for yourself. Is it a good one? The critical aspect of this step is that it gives you CHOICE. It reminds you that not all niches are good ones. Re-evaluate if necessary.

Step Six: Test with real people/organizations. Here you take your service/product to market, giving buyers an opportunity to say "yes" or "no." Here you find out what people will *really* pay for.

Step Seven: Blitz marketing. Most of all,

this step prevents your niche from becoming a well-kept secret. Here you research and utilize strategies for getting the message out to the right people.

Step Eight: Go-For-It. This is where you put your money where your mouth is. Commitment. Belief in your niche. This is where you make the transition to being your own employer. Unless you act now, nothing will happen. This is the step where everything is in your court!

Step Nine: Re-niche. You've gotten going and it looks good. You know, though, that the world changes and so does your niche. No dinosaurs for you.

It's important to emphasize that although you need to understand and address each step individually, they aren't totally sequential. You must keep them all in mind all the time. Walk and talk and chew gum simultaneously is the key.

The Employment Assistance Program located in the Family Service Center is available to anyone seeking employment. Contact Rose Anna D'Auria at 646-3141/3060. (Starting Your Own Business, How to Make Niches That Increase Profits by Dr. Lynda C. Falkenstein.)

Dr. Charles R. Linkenbach, D.D.S.

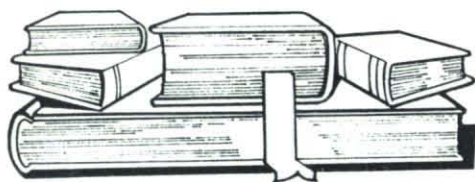
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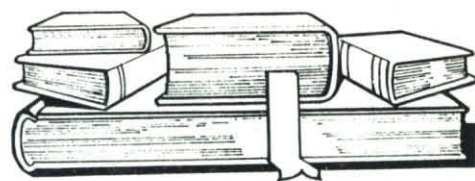
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READ TO ME, MOM!

by Pam Bane



One of the greatest joys of motherhood is holding that little one close. But babies don't keep. Before long, he's wiggling off your lap for yet another round of "catch me if you can."

As big and busy as he gets, he still needs the hugs to remind him that he's loved, valued, and will be protected. In those moments, mothers universally vow to do whatever they can to ensure happiness and success for that child. But day-to-day responsibilities can become so overwhelming that those good intentions slip away with the time.

Jim Trelease has made it his life's work to help parents re-gain some of that time, or keep it from being lost in the first place. Speaking to an audience at the Monterey Public Library recently, the author of The Read Aloud Handbook, and The New Read Aloud Handbook said that the idea is so simple, it's hard to convince people that it's true. "Read to your kids," he says. Simple? Well, yes and no.

Yes, considering the differences it makes. Children who are read to regularly learn to

read more easily, because they have the desire. They've heard the "good stuff" those lines of print contain, and they're anxious to "break the code" for themselves.

Also, because reading is an accrued skill. Proficiency only comes with practice and experience—experience with the language. If a child has never heard the word, how will he be able to read it? By reading to him literature he enjoys, but beyond his reading ability, you broaden his vocabulary, and motivate him to keep working on the basic skills. In 1985 the Commission on Reading stated in its document, Becoming A Nation of Readers, "reading aloud is a practice that should continue throughout the grades." But research shows that by Third Grade, only 14% of teachers still read to their students, and that parents seem to pull back as well. Remember that small child, and those promises you made.

Now here's the catch: Each child needs and deserves to have you all to himself while you read to him for fifteen minutes a day. Children have different interests, different "listening levels," and different at-

tention spans. If you bunch them together, you run the risk of boring the oldest, losing the youngest, or at best hitting somewhere in the mediocre middle—far from your goal of motivating both, which is the purpose of all this. Finding time to spend alone with each child may be a monumental challenge, but keep in mind that however you manage, these times, set aside for him alone, will be the ones he'll remember for a lifetime.

Story characters have amazing powers to grab children by the hand, and lead them through wild adventures. During adolescence, a same-age story character can also guide a child through situations as worrisome as gang activity, or as complex as boy-girl relationships. Children's librarians are an invaluable resource—they know their books. Well-chosen (pre-viewed) books can reinforce the values you've taught, and give your child "experience" to fall back on.

It is the goal of the teachers at La Mesa School, and of the principal, Mr. Peter Krassa, to meet the needs of all students. Mrs. Corinne Long, the Reading Specialist at the school, smiles warmly when she says



Sandy Martinisko

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that the vast majority of students entering La Mesa have a good language background. But even a child who has language experience, and the desire to learn to read may have difficulty for various reasons. Mrs. Long and the school's Resource Specialist, Deborah Bennett-Hall, give extra help to those children. The kids have so much fun, their friends are envious!

La Mesa Elementary School was named a "California Distinguished School" during the last evaluation period. It wasn't just academic achievement that earned the award; it was mostly the pride that shows on the faces of the students, the parents who help, and the enthusiastic staff. Signs of pride like the names on the "golden wall of success" and the "golden tickets" children are awarded, counted too.

La Mesa's curriculum is an "integrated, literature-based language arts program";



*Hush cobwebs
Dust go to sleep
I'm rocking my baby
And babies don't keep*



language arts are integrated with other subjects to create a thematic unit, with quality children's literature as a main component. For example, in March, after reading "Mr. Robot," First Grade students built their own robots at home, using scrap materials (Art), and then introduced them to the class (Oral Language), telling how they imagined their "real" robot helping around their house (Critical Thinking). Phonics have been incorporated into the Kindergarten, First, and Second Grade programs, by choice, and are taught within the context of words and stories rather than in isolation.

Writing skills are taught and practiced in

all grade levels; Kindergarten students begin by dictating their stories, and progress to writing on their own, using "best guess" spelling. Children write and illustrate their own books during the "Book Affair," and have them bound at the school's bindery. Children's authors regularly visit students at the school library, read their books aloud, and discuss writing skills necessary to students and professional writers alike.

And what of reading aloud? Jim Trelease would love this school. In all grades, teachers read to their students on a daily basis, and in the library, Mrs. Kathy Nicholson reads an inspiring selection from the shelves to tempt each class.

During research for his Read Aloud Handbooks, the author asked several lifetime readers of his acquaintance what "things" in their childhood homes might have inspired their love of reading. These items reoccurred consistently on the lists, "The Three B's":

Books: Lifetime readers owned books in their childhood, and read their favorites over and over again.

Bedside Reading Lamp: Tell your child that he may stay up a half hour later IF he wants to read in bed. "Kids will do anything to get to stay up later; they'll even READ!"

Book Basket in the Bathroom: "More reading is done in the bathrooms of the U.S. than in all the classrooms and libraries combined. What our classrooms need most is more bathrooms!" Provide picture books, magazines like Reader's Digest, and comic books. Yes, comic books. "Research shows that lifetime readers, and 80% of students in top reading groups are not light, but HEAVY comic book readers. Do be selective about the comic books you choose, however."

The New Read Aloud Handbook is fascinating reading, and contains an index to the best children's literature available today. If your bookshelf doesn't hold a copy, remember that Mother's Day is coming. There's nothing any mother wants more than to do what she can to arm her child with the tools he needs to make the right decisions now, and in the future. Support your child's school, and keep him close. . . read.

ST. JAMES



PARISH

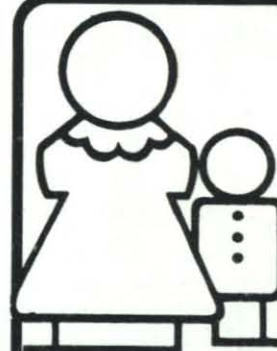
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LONG DISTANCE GRANDPARENTS:

Ten Suggestions to Keep Your Parents and Children Close When They Live Far Apart

by Jacey Skillman

Every parent hopes that sending pictures, talking on the phone and visiting occasionally will add up to a close relationship between military children and their long distance grandparents. But don't you sometimes wonder if this is enough?

Robert Storm, an Arizona State psychologist, gives a popular seminar in grandparenting. He has found that grandparents who are happiest in their roles are the ones who spend more than five hours a month with their grandchildren and live less than 200 miles away. This is disconcerting when you realize that few military families will ever be in that situation.

We hope that the following suggestions,

culled from your neighbors and mine, may offer some help to your family.

1. Write Thank You Notes

This may seem like an odd place to start, but many of the grandparents I spoke to mentioned a lack of thank you notes as a big stumbling block between grandparents and grandchildren. Angie Urbon, mother of four charming little boys, agrees completely. When her oldest son Brian, now four, would receive a gift from his grandparents, she asked him to draw a picture of himself wearing the new outfit or playing with the toy. Then she had Brian dictate a thank you note

which they would write at the bottom of the picture. Angie says that it is often nothing more than "This is a picture of me in my new shorts. Thanks."

If the child is very young, a thank you note can also be as simple as a photo of the child with the gift or just a scribble on a piece of stationery. Angie says her parents love it and that she intends to have all her boys pick up this good habit.

2. Picture Frame Cards

Children rarely receive letters, but they are ever-hopeful and ever-vigilant at the mailbox. Encouraging children to write their grandparents can be as simple as telling them what my mother told me: If you want to get a letter, you have to send a letter.

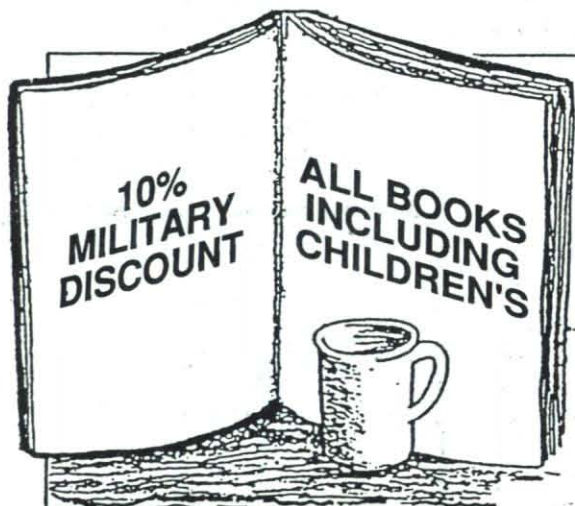
The Lillian Vernon catalogue (914-633-6300) sells a box of 24 greeting cards for \$6.98 that look like photo frames. Your older child can slip a picture into the frame and write a note to tell the story of the picture to his grandparents. Have younger children draw a picture to his grandparents or, in the case of my two-year-old, scribble. Grandparents like to get correspondence of any kind from their grandchildren.


3. Grandparents Photo Album

I keep a little photo album in my purse that I have filled with pictures of Kelsey's grandparents, great-grandparents, aunts, uncles and cousins. When she starts to get fussy in the commissary or in the car, we bring out her "Family Book" and she will happily tell you everyone's name and where they live and what they are doing in the picture.

4. Video! Video! Video!

Every time I interviewed a group for ideas for this article people invariably brought up the wonders of the video camera, especially when it came to toddlers and preschoolers. I thought a particularly good suggestion was to do a tape of "A Day in the Life" of your child in which you would follow his routine from morning to bedtime.





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5. Buy Stock in AT&T

Trish Gladura, whose husband is a student at DLI, was born and raised in the Navy. She rarely saw her grandmother and never really felt close to her. Trish and her husband wanted more for their three-year-old son, Jake, so they let him talk on the phone to his grandpa all the time. "Our phone bills are through the roof," Trish says, "but it's worth every dime."

6. Take Advantage of Between-Move Visits

During most vacation visits to the grandparents' house, the child barely has time to warm up to Grandma and Grandpa before he has to leave. Nancy and Mike Hall have found a way around this problem. Since their four-year-old daughter Michelle was born, they have made a special point of having an extra-long visit with their parents between moves. When Michelle was 22 months old, the Halls moved from Oakland to Virginia Beach. Nancy and Michelle were able to visit both sets of grandparents in Orange Park, FL, for nearly two months. Although they could only visit for a month between Virginia and Monterey, Nancy really credits the extra-long visit as a way for Michelle and her grandparents to get to know each other on a day-to-day basis.

7. The Extended-Family Vacation

Andrea Adams and her sisters have developed a wonderful way for the whole family to spend time together. Their family found that whenever they would get together at their parents' house in Atlanta, not only would everyone be crowded but there was little in Atlanta that they all hadn't done before. Now they gather parents, brothers and sisters and grandchildren in a large condo in Florida or Lake Tahoe. The grandchildren get to play with their grandparents and their cousins while the parents spend time with their siblings and spouses.

8. Include A Picture with the Present

Being the grandparents of a one- or two-year-old seems to be especially difficult since a young child often has trouble putting names and faces together. Megan Conlon's grandparents solved that difficulty by putting a picture of themselves

on top of any package they send to her. When she sees their faces, she happily calls out "Nana! Poppa!" before she opens the present. Her mother, Brenda, says that Megan seems to remember which presents came from her grandparents, too.

9. Make-Believe Box

This is kind of a cheater suggestion because it is more for the grandparent than for you. One wonderful grandmother made a package for her granddaughter that included a big Disney storybook, an audio tape of the grandmother reading the story and a box of make-believe items that went with the story. Another set of grandparents made a video birthday party for their grandchild where they baked a cake, lit the candles and sang happy birthday. They also included the birthday hats, streamers and noisemakers so that the grandson could play birthday party whenever he wished.

10. Young Grandparents' Club

If your parents are looking for more ideas about how to stay in touch with their grandchildren, The Young Grandparents' Club publishes a newsletter full of suggestions. Just send a self-addressed, stamped envelope to Young Grandparents' Club, GP Little Dividends, P.O. Box 11143, Shawnee Mission, KS 66207.

You may not be able to use all of these suggestions, but perhaps they will spark some ideas within your family. As a final thought to all of you parents who are still lucky enough to have grandparents, put a little effort into dropping them a letter this week if you haven't done so in a while. Great-grandparents are interested in you and your children more than you know. It is likely that your children will treat their grandparents the same way they see you treating yours.

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Old-fashioned Parenting the New-fangled Way

by Joie Brunger

I thought we had planned everything just right. We had more than four years together before our daughter was born. We had gotten a head start on saving for college—for “both kids” in case of twins. We’d been living on his paycheck to avoid the single salary shock treatment in store for many parents-to-be. We even had our child-rearing philosophy worked out: when they’re babies, they’re mine; when they’re teens, they’re his. I’d leave corporate America to stay home to rear our healthy, well-adjusted, ethical, secure, happy children who would also happen to speak perfect English in complete sentences.

On our evening walks, we’d try to imagine ourselves as Mommy and Daddy. The words sounded foreign to us, syllables so strange they made us wince. Neither of us was of the baby persuasion. You know the type: “Oh, what a gooorgiouuuuus baby! Can I hold her??” Squeaks, squeals, the lot. My husband and I are not baby fanatics. We normally remained politely silent in the presence of an infant, only to remark later how incredibly ugly it was. Sad, rude and true. We wanted children, and an infant was the only way to get there from here, so to speak.

When Christine Adrienne was born, the sound of her first cry gave me permission to breathe again. It ended the threat of nuclear holocaust, closed the ozone holes, turned politicians into honest citizens, saved the whales and blessed every child on earth with their parents’ love. This was what I’d heard about; this was how it was supposed to be. I had never, ever heard so wondrous a sound.

Then we tried nursing, and I came to understand why so many moms bottle feed. Tiny Christine knew exactly what to do, while Mrs. Try-to-Be-a-Success-at-Everything felt and acted like a fumbling idiot. Already I was failing as a mom. When they brought Christine into my room, I had to read her ankle identification to make sure she was mine. Here I was a mom and didn’t even know my own baby. Dismal. But she was a sweet thing, and I was surprised at the peace I felt as I held this new person.

Christine was born Saturday evening, and Sunday morning we were ready to go home. Except for one small detail. I had no idea what to do with a baby, precious though she was. In spite of a hefty nine-month diet of baby books, baby magazines and other baby advice from perfect strangers, I felt like a first grader walking into a junior high classroom. Naked. This was

not what it was supposed to be like.

But we got her home, we changed her diapers, I nursed her, she slept, I napped, and the whole world around Christine, just as planned. Through all the day-to-day details of taking care of our daughter, I gained a most wonderful sense that this was indeed how it was supposed to be. I didn’t miss work in the least, and I could not imagine being separated from our most precious and perfect treasure. Christine reassured us that she was getting used to life on the outside and doing just fine, with many thanks to Mom and Dad. We didn’t drop her or bang her head going through doorways, and my greatest concern was whether I was worthy of this joy God granted us.

The choice to stay home with our daughter

**When Christine Adrienne was born...
it ended the threat of nuclear holocaust,
closed the ozone holes, turned politicians
into honest citizens, saved the whales
and blessed every child on earth.**

was the easiest I’d ever made. Being home and staying home, however, became the greatest challenges of my life. Reality struck at about six months.

I learned that if I took some time off to relax a little, then the laundry, dishes, floors and clutter got that much more difficult to clean later. I found out that reading two daily newspapers and a variety of magazines was not sufficiently challenging in a day that seemed more full of housework than baby smiles and cuddles.

I learned that even the best of friends and husbands cannot make you happy if you are unhappy with how you spend a good portion of your time. So I picked up cross stitching, re-upholstered our dining room chairs, made two baby outfits, sent birthday cards out on time and even caught up on letters. To no avail. I was still basically bored.

Here is where I should get really honest: I detest housework. I would rather clean out a barn than do dishes. Cooking is something I could live without if it weren’t for the need for hot food once or twice a week. I tried to consider housework and nightly dinner duty the price I had to pay for the privilege of staying home with Christine. That philosophy carried me another three months.

All this time, I was peacock-proud to be a full-time Mom. Most women I met—whether working outside or inside their homes—reacted to my decision the same way: “Aren’t you lucky!” Perhaps women who thought otherwise remained silent the way my husband and I did in the presence of babies. Or maybe they just didn’t want to deal with another traitor to the cause of professional women.

Whatever the reason, I did not hear personally from women who disapproved of my choice. I know from friends and even the national media that they’re out there, though, ready to stomp on my choice in an effort to support theirs. I also know more than a few professionals who are pretty fed up with the “holier than thou” attitude from some stay-at-home moms.

In this age of politically correct everything, we should take note that there is no definition for the politically correct Mom. We’ve been through the “Super Mom” age, the “Earth Mother” age, and now perhaps we’re reaching a balance among the choices moms have. What is most significant nowadays is that many women can make a choice to stay home to raise their children. Men, I might point out, don’t really have that option yet.

I don’t know why some mothers who have outside professions feel threatened by mothers who stay home. I don’t know why some mothers who stay home feel threatened by mothers who have outside professions. I do know that I couldn’t do either: staying at home drove me nuts in spite of how much I wanted to devote my days to Christine. After nine months of trying to be a good housewife and mother, I had to acknowledge that I couldn’t do it and stay sane.

So I got a part-time job. I work with adults enough to appreciate that I don’t have to do it full time, and I have enough time with my daughter to appreciate every moment (almost). I still wonder if I’m worthy of taking care of such a treasure. But the question, and the answer, are mine. I’m grateful to have friends and family who respect that.

Welcome Home is a publication dedicated to parents. Supportive without the syrup that often smothers “support” magazines, it is written by and for real parents who offer thoughts and suggestions without preaching. One issue was more valuable than a year of newsstand parents’ magazines. For more information, write *Welcome Home*, 8310 A Old Courthouse Road, Vienna, VA 22182.

LEARNING CAN BE FUN!

The Family Kitchen: A Gateway to Learning

by Lee Ann Armbruster



The smell of baking holiday cookies, the warmth of family conversation, and the wondrous tastes created with loving hands bring back memories of my mother's kitchen. My happiest times in Mom's kitchen were helping in the preparation and baking of meals, especially desserts!

By involving our children in the tasks of the kitchen, we help reinforce reading comprehension, listening skills, and arithmetic mastery. We introduce them to the basics of chemistry, and expose them to the many wondrous cultures of the world. And, we teach them the daily living skills that are so crucial while growing up to be independent and competent adults. Just think of all the critical thinking, organizational skills, and budgeting that goes into running a clean, well-equipped kitchen. But, how do we encourage the desire to work in the kitchen?

If possible, start when your child is very young. Depending on his maturity level, your preschooler may be ready to help. According to Vicki Lansky, author of *Feed Me, I'm Yours*, work and play are the same in a young child's world. Since a large portion of the day is spent in the kitchen, give your child a chance to do some creative "messing around" while you are nearby to supervise. Some suggestive tasks for your child are: washing plastic dishes, dirty or not; setting the table; folding napkins; washing and cleaning vegetables and fruit; scrubbing the floor; and unloading the dishwasher or draining rack. Don't expect perfection in the tasks, but encourage his participation and praise his accomplishments.

If your child is old enough to regard the kitchen as Mom's or Dad's territory, try to change his view by turning the kitchen into a scientific laboratory! Playdough, pastes, and Christmas ornaments can be made in a kitchen. He can experiment with evaporation, salt crystallization, measuring, and chemical reactions. For inspiration, check

your library or bookstore for books on kitchen experiments. One wonderful reference is *Cooking Wizardry for Kids* by Margaret Kenda and Phyllis S. Williams (Barron Publishers).

Safety First

Before allowing your child to experiment with any activities in the kitchen, review the rules of safety with him. Being experienced cooks, we may take these rules for granted, but we must make our children respectful of the dangers in a kitchen. Some basic rules to begin with, according to *Many Friends Cooking*, by Terry Touff Cooper and Marilyn Ratner, are:

1. Always use a pot holder or even mitts in handling any hot pots or pans.
2. Ask someone older to help you turn on the oven or the stove—until you have learned how to do it safely yourself.
3. Keep the handles of any pots or pans cooking on the stove turned inward. That way you won't knock over hot food by accident.
4. Always pick up a knife by its handle, not its blade.

5. When you've finished cooking make sure all oven and stove dials are turned OFF.

Besides these safety guidelines, think carefully of newer appliances in our kitchens. Will your child be using the microwave or food processor? The garbage disposal? Discuss the safe ways in using these things.

Personal Responsibility

Before the hours of fun in the kitchen, which may result in your counter tops and

sink running over with dirty dishes, empty egg shells, vegetable peelings, and other unidentifiable things, add an extra rule to your child's fun. IF YOU DIRTY IT, YOU CLEAN IT. Show him how to tidy up while experimenting or cooking. Tidying is a skill that must be taught and practiced if we want to avoid a mess. And, this is a skill that will be invaluable when he is living alone. When I was younger, I often saw the kitchen as a dungeon of drudgery. But when I learned the reasons behind all the washing, drying, mopping, and scrubbing, these chores just became a habit—a habit I hope to pass on to my son.

Math Skills

Math and cooking are inseparable. Here are a few suggestions for sharpening those math skills:

1. Think of all the measuring equipment we have in our kitchens. There are measuring spoons, cups and bowls. These items are perfect for giving a concrete meaning to abstract fractions and units of measurement which children begin learning in the primary grades. Let your child use water, rice, beans, flour or any other item from your pantry to fill measuring cups and spoons. How many half cups does it take to make a whole cup of beans? If we take away a half cup of beans from a whole cup, what is left over? For the more advanced, ask your child to help you cut a recipe in half. This will require multiplying fractions and may seem less intimidating in a warm kitchen.

Another easy concrete approach to fractions is pizza. The next time you make or order* a pizza, encourage your child to help cut it into halves, quarters, or eighths. How many eighths make a whole pizza? If we eat $\frac{3}{8}$ ths of the pizza, how much is left over for Daddy's lunch? What's another way of stating $\frac{4}{8}$ ths? What a perfect

continued on next page

Continued from previous page

chance to review reducing fractions! (*When ordering a pizza, ask for the pizza to be delivered uncut.)

2. If your child is adding and subtracting decimals, have him add up some or all of the grocery receipt. Is the total correct? Subtract the coupons from the cost of the items. How much money did we save? Could this money saved be added to your child's allowance to add a bit of excitement in the addition and subtraction of the receipt and as an incentive in helping collect coupons?

3. Allow your child to plan a meal for the family one night a week. Give him an allotted amount of money (\$15.00 perhaps?) to purchase the needed items for the meal and send him to the store. (Depending on the age of your child, you may want to accompany him.) Was he able to stay within his budget? Did he find coupons helpful? Invite him to help in the preparation of his planned meal and don't be surprised if he accepts excitedly!

Intermission

When writing, it is often confusing to know which pronoun to use when referring to our human subjects. Should we use "he" or "she," "him" or "her"? After all, this is the enlightened '90s, and we want equality for the sexes! As a liberated mother of a boy, I have purposely chosen to use the masculine pronouns. Why should work in the kitchen be viewed as a female's sole responsibility? Do we parents want our sons growing up helpless and dependent in the kitchen? Probably about as much as we want our daughters to grow up helpless and dependent in the science laboratories and the auto mechanics. So, please, when you read this article, and (hopefully!) get inspired to introduce the kitchen to your children, don't exclude your sons—or your husband!!

Reading Skills

Following the written directions of a recipe required reading comprehension. Cooking is a perfect way of showing the importance of understanding what is being read and paying attention to the subject matter. The end product (e.g., the cake for Mother's Day) is the determining factor of our level of comprehension. Is it edible? Is

it attractive? Can we bounce it on the floor? If we don't follow directions correctly, the logical consequences will be something that's inedible, undecidable, or burned—hopefully the food, not ourselves. (Please parents, children's egos are very delicate. If the cake is inedible or undecidable, find SOMETHING good about it or your child may never want to enter the kitchen again. What we find humorous may be devastating to them. Think before you speak or react!)

Social Studies

Food is the one thing we humans have in common. Despite religious, cultural, and geographical differences, all of mankind must eat. Discovering the differences in what we eat and the reasons behind these differences can be a fascinating way of discovering the wondrous variety of cultures. To learn about a people's food is to learn about their land, their climate, their religion, their economical status, their whole existence. You can introduce your child to India, China, Poland or any part of this huge world, just by opening a cookbook.

There are many wonderful cookbooks on the market. If you are not ready to buy but want to experiment, the library has a wide range of cookbooks from around the world. One chef/author I highly recommend is Jeff Smith, the Frugal Gourmet. Not only are his cooking shows on PBS very enjoyable, but his books are packed with the histories and explanations of herbs, spice preparation and cooking methods, and the people whose culture he explores.

When you are ready to begin your adventure of the world's food, here are a few tips to get you and your family started:

1. Decide which culture of the world you would like to discover—Chinese, Greek, Native American? Visiting the library may help you decide. Look through your chosen cookbook to see if recipes are easy to follow and suggestions are given on locating hard-to-find ingredients, such as black bean sauce or tahini.

2. Explore the contents of the cookbook. Choose three simple (but interestingly different) dishes with which to begin. Read aloud each recipe selected. If your child is able, have him help write out the menu and the shopping list, making sure to include all the items not already in your

pantry. Nothing is more frustrating than needing mushrooms and not having them!

3. Read aloud the histories of the foods your family will be preparing. You may learn some very interesting and surprising facts. For instance, did you know that yogurt was made accidentally when someone left some goat's milk in a bladder in the desert sun? Did you know that bladders of animals were used as containers? Aren't you glad we have Tupperware?

4. Make a time table for scheduling the preparation and cooking of each dish of the meal. If you are making pita bread for your Lebanese meal, how many hours ahead should begin before roasting the lamb?

5. Set up work stations for each member of the family who will be helping with the meal. This helps to eliminate crowding and spoiled dishes. An example would be to have your son at the dining room table making egg rolls while your spouse is preparing the wok in the kitchen. This gives you time to chop vegetables on the kitchen table for the refried rice.

6. Finally, set the mood of your cultural eating experience by setting the mood. Can you find some music to go along with your meal? Again, the library may be helpful. What's an Indian meal without Ravi Shankar playing the Sitar?

Encourage your child to draw a mural or create a collage for a wall or table decoration. Serve the meal dressed in authentic dress. Serve the meal with the proper utensils. (What's sesame chicken without chopsticks?) Use candles, the good china, unusual place mats and napkins. Make the evening an event to remember, and one that everyone will want to do again and again.

"Eating as a way of understanding and celebrating other cultures and histories sounds strange to the fast-food crowd. We are dealing with more than one kind of hunger when we cook. The hunger for affection, for community, for feasting cannot be satisfied by a fast-food French fry. It can be met with a good meal shared with the whole family, a meal that will ensure memories for many years to come." — Jeff Smith

To wet your appetites for experimenting in the kitchen, here are some recipes for kitchen crafts.

Cooked Playdough Recipe

1 cup flour
1/2 cup salt
2 tsp. cream of tartar
1 cup water (add some vanilla or other scent)
1 tbsp. oil
1 tsp. food coloring

Combine dry ingredients in a sauce pan. Mix liquids and gradually stir them into the dry ingredients. When smooth, cook over medium heat, stirring constantly until a ball forms. Remove from heat and knead until smooth. Store in air tight container.

Craft Clay

1 cup cornstarch
2 cups baking soda (1 lb. box)
1 1/4 cups water

Combine cornstarch and baking soda in a pan. Add water gradually, stirring until smooth. Place mixture over medium heat and cook, until thick and dough-like. Turn mixture onto pastry board and knead well. Cover with damp cloth or keep in plastic bag or box. This is good for plaques or ornaments that can be painted when dry.

Homemade Silly Putty

2 parts Elmer's White Glue
1 part Sta-Flo liquid starch

Mix well. Putty must dry a bit before it is workable. It may be necessary to add a bit more glue or starch; you will have to experiment. (Recipe may not work well on a humid day.) Store in an airtight container. Homemade Silly Putty has the same nasty characteristics of commercial Silly Putty. Beware of contact with clothes and carpet.

Finger Paints

3 tbsp. sugar
1/2 cup cornstarch
2 cups cold water
Food coloring
Pinch of detergent

Mix the sugar and cornstarch and then add the water. Cook over low heat, stirring constantly, until well blended. Divide the mixture into four or five portions. Add a different food coloring to each, plus a pinch of detergent (facilities cleanup).

Happy Mother's Day!

La Leche League Meets in La Mesa



La Leche League, the international volunteer organization supporting breastfeeding through mother-to-mother help and information, is having monthly meetings in La Mesa. All interested women are welcome, and pregnant women are especially encouraged to attend. Babies are always welcome at La Leche League meetings. The La Mesa meetings are currently held on the third Monday of each month at 10 a.m. (May 18, June 15, July 20, August 17). There are also monthly evening, toddler and Fort Ord meetings. If you have any questions about breastfeeding or need more information about meetings, please call La Leche League at 647-8393.

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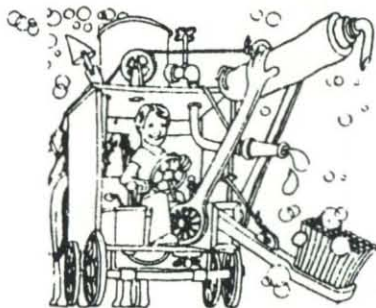
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Vacation

Bible School 1992

Adventures on Son Mountain



Hey Parents! Looking for something exciting and challenging for your kids this summer? How about sending them "climbing" on Son Mountain? An expedition is being sponsored by the NPS Command Religious Program for July 20-24, 1992. Your children will be lead up the trail by the most famous guide of all—Jesus Christ! On their trek, they will experience God's wisdom through nature, explore the Book of Proverbs, and discover wisdom through Jesus' Bible Stories.

Adventures on Son Mountain is this year's theme for Vacation Bible School. Opening ceremonies begin July 17 and "day camp" begins July 20-24th from 9 a.m. to 12 p.m. at the La Mesa Elementary School. Registration is open to children turning five years old by December 1, 1992, through completion of fifth grade. There will be a registration fee of \$2.00 per child, or \$6.00 maximum. An optional \$5.00 is required for each T-shirt order. You'll find registration forms at the Protestant/Catholic Chapels, Navy Convenience Stores, Navy Exchange, or by calling Alisa Kendall at 647-1873. Registration begins May 1, 1992.

So get out the kid's hiking boots and send them exploring new terrain on Son Mountain this summer. (Adult and teen volunteers are needed to assist. Childcare is available for infant through preschool ages for volunteers only.) Call Alisa Kendall (647-1873), Mary Neuenfeldt (372-5327), Pam Rugg (384-3351), or Maureen Nolan (373-7565) for more information.

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International Tea

How would you like to spend sunny afternoon sipping tea and meeting new friends? Well, now you have your chance. The International Tea is coming up on May 15. This is an opportunity for spouses to get together with their counterparts from other nations and, of course, eat plenty of delicious treats!

Anyone wishing to serve on this committee is encouraged to call Alexandra Lohr at 375-6756. It is a lovely event and planning it should be lots of fun.

New Kids on the Block

Brianna Jamelia Rahall

6 lbs., 5 oz., 18 1/2", born

March 3 to Ron and Mary Etta Rahall.

Rebecca Wendland

5 lbs., 6 oz., 18" born December 17 to Rick and Ilene Wendland.

Shelby Noel Ortiz

8 lbs., 4 oz., 20", born

December 15 to Vince and Val-Del Ortiz.

Daniel Pinto

8 lbs., 8 oz., 21", born

December 27 to Rogerio and Vera Pinto.

Submit birth announcements to
Monica Maurasse, SMC #1537.

La Mesa Women's Bible Studies

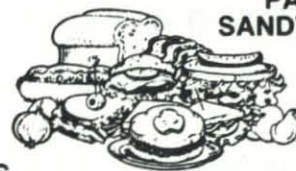
The La Mesa Women's Bible Studies (LMWBS) is sponsored by the NPS Command Religious Program and provides a variety of non-denominational Bible studies in La Mesa residents' homes for both Catholic and Protestant women. Teachers are volunteers who want to teach you more about the Bible and how to apply it to your everyday life in practical ways. Raising children in today's society, marriage, and prayer are just a few of the subjects that will be discussed during this session.

This session began on April 9 and will run for eight weeks. You may join us at any time throughout the session. The studies start at 9:30 a.m. and end at 11:30 a.m. every Thursday. Child care is available for a minimal fee and the children are grouped by age: 0-1, 1 year olds, 2 year olds, and 3 year olds and up.

For more information, contact Damaris Thorn at 655-1087. We hope to see you at one of our sessions.

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**Family Service Center
 Volunteer of the Year**

by Rose Anna D'Auria

The Family Service Center (FSC) has many wonderful, talented people who volunteer their time in various organizations both here, at the Naval Postgraduate School, and in the local community. Many local agencies benefit from our volunteer program.

The FSC is honored with very special volunteers who work in our office. One very special volunteer whose accomplishments and contributions to the volunteer program have been exceptional is Lynn Ivey. Choosing one person to honor from among so many committed people is never easy, they are all special, wonderful individuals who assist the FSC in delivering good customer service. The Volunteer of the Year must exemplify all the traits and attributes of the highest caliber and serve as a model to others in the program. Lynn Ivey is one of those special, exceptional people.

Lynn has contributed her time during the past year as the Assistant Volunteer Program Coordinator. She has already been honored as a 1991 Volunteer of the Quarter. She is a dedicated industrious person of many skills who also juggles the responsibilities of being a Home Care Provider, Tupperware Dealer, full-time Mom and furnished support to her husband who graduated in March. Lynn has contributed well over 300 hours of her time to the FSC, its programs and its customers. She energetically undertook the tasks of writing and editing the FSC Volunteer Handbook, interviewing and coordinating new volunteers, providing program information to local agencies, and writing articles and publicity materials for the program. She has always been willing to help out in any area of the office and is well acquainted with putting together hundreds of Welcome Aboard packages.

As Lynn and her family leave the area, we extend our sincere appreciation and congratulations on a job well done. Best wishes from the entire FSC staff and volunteers for a very happy and prosperous future.

If you would like to learn more about the Volunteer Program, call Tom Mullett at 646-3060 for further information.

Hammer and Thread:

Make a Simple Plate Rack for *Mother's Day*

by Jacey Skillman

My favorite Master Builder recently noticed that the Hammer and Thread column never mentions hammers. He submitted this idea for a simple twelve plate rack that even a beginner can build and mount on the shelf beneath their cabinets. This is a project particularly suited for people in E-type housing.

Note: If you don't own a saw and can't borrow one, most local hardware stores will cut wood to your specifications for fifty cents per cut. The woodshop at Fort Ord also has tools that you can use.

Materials:

4 11 1/2" lengths of 3/4" x 3/4" pine
4 25 1/2" lengths of 3/4" x 3/4" pine
8 6 1/2" lengths of 3/4" x 3/4" pine
22 3/8" diameter dowel rods 13" long
7/16" drill bit and drill
hammer and 1 1/4" brads
Elmer's yellow wood glue

Construction:

1. Cut lengths of wood and dowels with hand saw, hack saw or power tools. Lightly sand ends to remove any rough spots.

2. On the 25 1/2" lengths, mark the drill holes for the dowels. Skip the first 3/4" since this is where the ends will be attached, then mark every two inches along the length. There should be eleven marks with 2 3/4" from the last mark to the end.

3. Drill the holes using the 7/16" drill bit. Use a drill press if available, but a regular drill is fine. Clean up holes with sand paper.

4. Glue and nail 11 1/2" lengths to ends of 25 1/2" lengths. Making pilot holes by using a small bit will prevent wood from splitting.

5. Insert dowel rods into top and bottom for each front and back piece to test for fit. If it is fine, slide dowel up and put a dab of glue on half an inch from top and bottom. Slide dowels back into holes, wipe off any excess glue and set aside to dry for an hour.

6. Insert the 6 1/2" pieces between the front and back racks. They are placed at the corners to form a box and then in the middle of the top, bottom and sides for support as shown. Drill pilot holes and attach with a little glue and nails. Set aside one hour for drying.

7. Lightly sand any rough areas, then paint as desired using spray or latex.

We would like to hear from you if you complete this project or if you have any

problems with it. We are also still looking for decorating ideas and simple projects. Please call Jacey Skillman at 646-9527.

Good Luck!



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Oceanography Club

Students from 11 to 17 have a new way to explore the marine life of Monterey Bay: a night of their own each month at the Monterey Bay Aquarium. And this month they'll be exploring the lives of sea otters.

The aquarium's Student Oceanography Club offers a program on the third Tuesday of each month during the school year. Each program includes lectures, labs and a visit to the aquarium. Marine scientists and educators, aquarists who care for marine animals, and students conducting ocean research will lead club workshops. Club members can also go on special outings and field trips.

Upcoming topics include "Dive in the Kelp Forest," a program about scuba diving, on May 19.

The club fee is \$4 per session for aquarium members and \$6 per session for non-members. Students' families are also welcome to attend the programs, although parents should not bring any children younger than 11 years of age.

For information, call the aquarium education department at 648-4940.

Vendor's Showcase

Come one, come all!! Don't miss the ever-exciting Vendor's Showcase to be held June 8 at 7:00 p.m. in the La Novia Room in Herrmann Hall. Discover who sells Tupperware, Longaberger baskets, hand-painted clothing, jewelry, wooden toys, linens, and other products and services. Last year's showcase featured over thirty OSSC members and their wares. Refreshments will be provided and OSSC members are welcome to showcase their items. For table reservation forms, see your May Pink Flyer or call Tracy Hicks at 655-4863.

Keep your eyes open for July's Special Event with a British flavor. More details coming soon! You won't want to miss this!!



COASTAL CUISINE

by Debbie O'Loughlin

Looking for a romantic setting for a special occasion, or want to treat a visitor to a superb dining experience? The restaurant the fits the bill perfectly is Gernot's Victorian House.

Enjoy this European-style restaurant set in the 100 year old Hart Mansion enhanced with floral wallpaper and rich woodwork located in Pacific Grove. Dining at Gernot's is a unique experience because you truly feel as if you have been transported in time. Never once do you feel as if you are in a restaurant, but as a guest in a home. You are greeted at the door with an offer for a champagne cocktail and a warm smile. The menu, accented with Austrian flavor, features veal specialties, breast of duck with raspberry sauce, local wild boar, fresh seafood and wiener schmitzel.

Plan an evening at Gernot's. It will be an unforgettable one. Gernot's is located at 649 Lighthouse Ave. in Pacific Grove.

Open daily for dinner at 5:30 p.m. except Monday. Dinner for two with wine, tax and gratuity averages around \$75. Reservations suggested.

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